



Are there documented benefits?

A February 2012 briefing presented by the VA War Related Illness and Injury Study Center (WRIISC) stated that 96% of participants in their clinic reported either complete (45%) or somewhat (51%) improvement in their symptoms. Among the symptoms reported were trouble sleeping, back pain, depression, anxiety, easily startled, and energy level.

Another article in the July 2011 Army Times cites Dr. David Jamison, chief of the pain clinic at Walter Reed, as saying “....we’re trying to have it [auricular acupuncture] be included more in our algorithms for treating pain...”.

Join us and experience an ancient medicine that:

- Won’t be in your military records
- Doesn’t cost you anything
- Doesn’t require you to be on active status. (Receiving this treatment is not cause for going on status)
- Naturally promotes stress reduction
- Can ease physical pain

Schedule	
Dates	Time
January 30	1000 – 1200
February 6, 13, 20, 27	1000 – 1200
March 6, 13, 20, 27	1000 – 1200
April 3, 10, 17, 24	1000 – 1200
May 1, 8, 15, 22, 29	1000 – 1200
June 5, 12, 19, 26	1000 – 1200
July 3, 10, 17, 24, 31	1000 – 1200
August 7, 14, 21, 28	1000 – 1200
September 4, 11, 18, 25	1000 – 1200
October 2, 9, 16, 23, 30	1000 – 1200

ACUPUNCTURE FOR MD NATIONAL GUARD



FREE ACUPUNCTURE

Wednesdays 1000–1200

Bldg. 205

Camp Fretterd

Reisterstown, Md 21136

Open to all members of the
Maryland National Guard

Questions?

Kathryn Wells

410-980-3236



STRESS IS NOT IN YOUR HEAD, IT'S IN YOUR BODY

Who are the Acupuncturists?

All treatments are provided free of charge by specially trained acupuncturists licensed and insured in the state of Maryland. All practitioners donate their time and skills in support of the Maryland National Guard, most are veterans who wish to give back to their fellow veterans. Donors have generously provided the supplies.

All practitioners follow industry best practices, ensuring safety for all. We only use single-use sterilized needles that are disposed of in an approved biohazard container.

Please contact Kathryn Wells at 410-980-3236 if you have any questions.

What are the potential benefits?

- Reduced physical pain, including back, knees, and headaches
- Eased frustration
- Reduced anxiety
- Improved mental clarity
- Better sleep
- Reduced hyper-vigilance
- Reduced body tension

How it works

Talking is not required to be effective! During treatment, you will sit fully clothed in a chair as the acupuncturist places 5 single-use, sterilized needles on each ear. You are then invited to relax with your eyes closed for 30-45 minutes as the acupuncture does its work.

You may experience relaxation, reduction in pain, increased ability to focus, stress reduction, and better sleep.

The treatments are cumulative in nature; each one building on the last with best results observed with treatment at regular intervals. The experience is available weekly and the more you come the more beneficial it will be!